

appetizing. Often they are served with bits of raw, chopped-up carrots in between, creating a dish pleasing to the eye.

"From the small yellowish green soybeans, bean-curd is made in all its forms. The large yellow varieties are used for oil production.

"Broadbeans, *Vicia faba*, are in winter and spring soaked in water over night, often even allowed to germinate and are fried in oil and salt sprinkled over them and eaten like salted peanuts.

"Peas, *Pisum sativum*, brown and yellow varieties are in wintertime soaked in water over night and steamed or fried in oil, sprinkled over with a bit of salt and eaten as a vegetable; flavor excellent. When the peas have made sprouts of 2-4 inches long, they are scalded and eaten like spinach, pea and sprouts left attached; they do not taste very fine. From water-soaked ground peas a gelatine is made, much eaten in summer, resembling a primitive form of 'blanc mange'.

"Mustard seed, *Brassica juncea*, in wintertime is sown out in warm, moist and dark places and the tiny plants eaten with brown sugar sprinkled over them.

"*Amaranthus blitum* and *A. tricolor* are eaten the same way. Chives, *Allium schoenoprasum*, are forced in dark, warm places and eaten in soups, with meats and baked in extremely thin pancakes, made from yellow soybean flour. They are considered, together with the garlic, to prevent ptomaine poisoning. Of all these forced winter vegetables the *Mung bean* is the most commonly used, on account of cheapness and availability, but in my opinion the *Adzuki beansprout* is the best. There is a future in breeding fine varieties of *Vigna sinensis* and *Vigna sesquipedalis*: they stand moist heat and drought at the same time and can be made to bear throughout the whole summer. *Ipomoea aquatica* is, like *Tetragonia expansa*, a summer spinach; it loves moist soils. The Wax-gourd, *Benincasa cerifera*, is like the chayote, a good late summer and winter vegetable. After I have been in Southern China, I may have some more things to write about. Did you have a look at my photographs of soybean products? I hope they have given you, and others, some ideas how big an affair the soybean is in the daily life of one fourth of the world's population and if the white races do not soon stop committing suicide, these people will, by the year 2000, constitute one third of the earth's inhabitants."